

Main Symptoms of Covid-19 (September 14th 2020)

<p><u>Fever:</u></p> <p>If a child <u>has a temperature of 38 degrees or higher</u>, they cannot come to school.</p> <p>If a child <u>develops a temperature of 38 degrees or higher</u>, they must be sent home from school.</p> <p>Children must wait in the isolation area if they register two consecutive temperatures of 38 degrees or higher (with a ten minute gap in between). Staff should aim to stay 2 metres away from the student during these ten minutes.</p> <p>The fever is most likely to be indicative of Covid-19 when it is accompanied by fatigue, flu-ish feeling, aches and pains in the joints.</p> <p>Other possible side effects of the fever are chills (shivering), muscle pain, headaches and loss of appetite. Obviously it can be difficult to spot some of these side effects in our children, so the main concern will be the high temperature.</p>	<p><u>Coughing:</u></p> <p>It is a <u>new cough</u> - not something the child suffers with regularly or seasonally.</p> <p>There is <u>no obvious reason</u> for the cough e.g. after heavy exercise, coming in from the cold, after choking on food, an asthma attack etc.</p> <p>When the child starts coughing they find it very <u>difficult to stop coughing</u>.</p> <p>The coughing would be described as a "<u>coughing fit</u>" (ie the child cannot stop coughing) and the child has at least 3 coughing fits per hour (none of which have an obvious cause) and these coughing fits persist every hour, for at least half of the day.</p> <p>The word consistent can be used instead of persistent - the child should be coughing almost consistently/ almost non-stop and cannot be distracted by food, water or an enjoyable activity to stop coughing.</p>
<p><u>Shortness of Breath or Breathing Difficulties</u></p> <p>With no obvious cause (e.g. respiratory condition, asthma, after heavy exercise, after coming in from/ going out to a cold area)</p>	<p><u>A loss or change to your sense of smell or taste</u></p> <p>May be difficult to spot in our students, however this is often a secondary symptom, which occurs alongside fever and/ or coughing and/or shortness of breath</p>